

Running Psychologist' 30th Annual APA Ray's Race 5k Run/Walk

A special run with Bill Rodgers

Boston, Massachusetts

August 16, 2008

Our excitement about running with world-famous runner Bill Rodgers helped us all to rise before the crack of dawn to get buses to our race site at Artesani Park for a 7 AM race start. Out of 162 people who registered, 138 people completed the race of 5 kilometers, or 3.1 miles. We had fine weather, about 70 degrees, a little cloudy and humid. It was a very special occasion for our group, since this was the 30th annual run of the APA event started by Ray Fowler in 1979. We had excellent race management services from Fred Treseler and his staff from Tracs., Inc.

We had some inspirational comments by Bill Rodgers and Ray Fowler before we started. We all enjoyed mingling with Bill, and he was happy to be running with us, and made us all feel very special. Bill is a wonderful person who loves to encourage runners of all ages and ability levels. Bill is the only runner who won the Boston Marathon and New York Marathon 4 times each, the first to win both those races in the same year. (He did this amazing feat in 1978 and 1979). Bill still runs dozens of races a year, but he doesn't do marathons anymore, since he has had a number of injuries. Bill commented that he didn't think humans were made to run distances longer than 20 miles. Bill is also a survivor of prostate cancer, which was diagnosed earlier this year. Now Bill is a spokesman and fundraiser for the PACE (Prostate Cancer Education Council) series. Bill ran with us in the race, and came in second place in his age group.



As Janet Cain said, for those of us who love running, the highlight of the APA conventions has always been the race, but even more this year, since we had Bill Rodgers with us. Bill reminded us of the supportive community of runners, where all abilities are equal. The winning is in the doing. Bill ran stride by stride with us pure mortals. He had no attitude of bravado – he was just “Boston Billy”. Bill signed autographs and chatted with everyone who wanted a chance to talk with him. Bill also came to the APA meeting at the Convention Center later in the afternoon where he was interviewed by Ed Acevedo about the “Mental Game of the Elite Performer”. It was fascinating to hear Bill talk about his thoughts and feelings as a champion runner.

Our participants ranged in age from 8 years old (Ben Pendley) to 77 and 78 years old (Ray Fowler and Irene Deitch). Ray and Irene prove that if you continue running throughout your life, you are bound to look and feel much younger. We want to continue to encourage young and older runners and walkers of all ages and ability levels. We welcome family members and friends of our APA group to join in our events. We also want to become more inclusive internationally, bringing in runners/walkers from all over the world. This year we had participants from Australia, Canada, Holland, Japan, Saudi Arabia, and Taiwan, as well as from most of our own states.

Special lifetime achievement awards were given to our role models, Ray Fowler, Irene Deitch, and Art Aaronson. Ray founded our group and started our annual race, and was our first president. Irene and Art have also served as presidents of our group, and have been part of our annual race every year. Other past presidents and officers of the Running Psychologists who participated in the race this year included Suanne Shocket, who served as both president and secretary/treasurer for a number of years,

Ethan Gologor, former secretary/treasurer, Frank Webbe and Michael Sachs, former presidents of our group. Ed Acevedo, current president of Division 47, also ran in our race this year. All these leaders in Running Psychologists were recognized for their hard work, enthusiasm, and continued support of our events. The technical and practical support of Michael Monica and Noah Nason in planning our races is also very much appreciated. Noah has agreed to serve as an official IT consultant for our group.

Like last year, the winner of our race was 30-year old Gregory Benson of Milwaukee, with a time of 16:52, more than a minute faster than his time in San Francisco in 2007. Mike Olson, age 37, of Altoona, WI, an Exhibitor at APA, again came in second place overall with a time of 17:17, also almost a minute faster than 2007. Tomo Imamichi, age 35, of Hoboken, NJ, came in third place with a time of 18:05.

In the women's division, Sarah Paciask, of Cambridge, MA, age 22, came in first with a time of 20:24. Diann Eley, age 55, of Toowamba, Australia, placed second with a time of 22:44 and close behind Diann was our Running Psychologists' Secretary-Treasurer, Janet Cain, of Sonoma, CA, with a time of 22:48. (Isn't it great how the older women runners seem to get faster every year?).

Winning first place in the racewalker category was Jim McCown, age 58 of Troy, MI, with a time of 34:35. Sy Gross and Charlie Madison were second and third place racewalker finishers. First place in women walkers was Marcia Stachyra, who just made it to the race after taking an overnight bus to Boston from New York, followed by Ellen Cole and Kelly Hutchins.

In the Division 47 member category, Lee Cohen, Val Umphress, and Roger Moore came in 1st, 2nd and 3rd place respectively for the men, and Diann Eley, Janet Cain and Suanne Shocket for the women. In the student category, our female winner was Sarah Pociask, followed by Ashley Pietrefesa and Karin Ryan, and our male winner was Gregory Benson, followed by Tomo Imamichi and William Reyes.

Other race results are as follows:

MEN Age Group 01-19

Place	Time	Name	Age
1	23:36	Zack Moore	12
2	27:37	Zack Pendley	12
3	34:01	Ben Pendley	8

MEN Age Group 25-29

1	24:48	Christopher Mulchay	28
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MEN Age Group 30-34

1	16:52	Gregory Benson	30
2	24:57	Ryan Sorensen	30
3	24:58	Tom Murphy	30

MEN Age Group 35-39

1	17:17	Michael Olson	37
2	18:05	Tomo Imamichi	35
3	18:39	Lee Cohen	36

MEN Age Group 40-44

1	18:59	Val Umphress	
2	20:52	Art Gillaspay	42
3	21:11	Brian Pilgrim	41

MEN Age Group 45-49

1	19:19	Roger Moore	46
2	19:47	Ed Acevedo	48
3	20:19	John Billig	49

MEN Age Group 50-54

1	21:40	Paul Arbisi	52
2	22:50	Kevin Lancer	53
3	22:57	Joe Rallo	53

MEN Age Group 55-59

1	18:29	Michael Waldo	
Place	Time	Name	Age
2	22:52	Tim Schroeder	56
3	25:06	Jim Rogers	58

MEN Age Group 60-64

1	23:58	Noah Nason	60
2	24:03	Bill Rodgers	60
3	24:36	James Sunbury	63

MEN Age Group 65-69

1	25:53	Larry Christensen	67
2	33:53	Ethan Gologor	67

MEN Age Group 70-98

1	35:06	Ray Fowler	77
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WOMEN Age Group 20-24

1	20:24	Sarah Pociask	22
2	26:10	Elizabeth Mullin	24
3	26:27	Jennifer Lovell	24

WOMEN Age Group 25-29

1	23:49	Ashley Pietrefesa	25
2	25:19	Karin Ryan	27
3	26:15	Rebecca Zaja	28

WOMEN Age Group 30-34

1	24:41	Rebecca Kotlowski	32
2	24:55	Allison Paganelli	32
3	25:25	Jenna Jebitsch	31

WOMEN Age Group 35-39

1	23:10	Rachel Nutter	39
2	24:59	Brooke Butler	35
3	24:52	Amy Wininger	37

WOMEN Age Group 40-44

1	23:38	Shelley McCarthy	44
2	26:00	Jill Pynn	41
3	30:33	Edna Esnil	41

WOMEN Age Group 45-49

1	27:42	Janet Swim	47
2	33:33	Nancy Aiken	49

WOMEN Age Group 50-54

1	23:43	Suanne Shocket	54
2	27:24	Cathleen Rea	50
3	33:30	Julie Adams	54

WOMEN Age Group 55-59

1	22:44	Diann Eley	55
2	22:48	Janet Cain	57
3	24:42	Susan Johnston	56

WOMEN Age Group 60-64

1	28:13	Lucinda Seares-Monica	63
2	32:52	Janet Niemeier	61
3	33:44	Nina Pinnock	61

WOMEN Age Group 65-69

1	27:33	Rosemary Schwartzbard	66
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WOMEN Age Group 70-98

1	41:06	Sandy Fowler	70
2	41:06	Irene Deitch	78

The theme of our race this year was “Run Green”. Our Kelly green shirts stood for Boston as well as environmental awareness. In line with being green, our prizes of beach towels and running caps were selected so that they could be used by the award winners rather than put on the shelf. We encourage runners to use reusable water bottles instead of throwaway plastic bottles. APA President Alan Kazdin endorsed our “running green” efforts, and he gave us encouragement in continuing this momentum. Alan gave a presidential address on the expanding role of psychologists in promoting environmentalism, which fit in very much with our theme.

We had lots of wonderful sponsors this year for our race, with continuing sponsors and new ones. We had sponsorship from APA, APA Insurance Trust, as well as our other former sponsors, APA Divisions (addictions); 47 (Exercise and Sport Psychology); 20 (Adult Development and Aging); and 19 (Division of Military Psychology). We also had Psi Chi sponsoring us again, as well as Worth Publishers, Wiley Blackwell, and our newest publisher and sponsor, Pearson. We are thrilled to have all these wonderful sponsors year after year. We want you to know how much we appreciate you and value your support. We love your sponsorship and your generosity in donating books and other prizes to our group. Costs for running a race have increased dramatically, and we are looking for ways to find additional financial support in the future.

We had a pre-race pasta dinner at an Italian restaurant in Boston that was lots of fun. We had about 15 people who came to the dinner, despite the rain. For next year, we would like to try to coordinate the dinner with Division 47's schedule, so that we can all hang out together. Here is an idea – we could have a pre-race dinner on Thursday night instead of Friday if it would make it easier to bring in more folks.

Next year's race should be exciting, as APA will be meeting in Toronto. Let's reach out to more runners from all over the world to join with us. We want to bring in more participants to make the competition even more fun. We are planning on having the race on Saturday morning, August 9, 2009. We need volunteers to help plan the race, and serve on our executive board in the future. Please let us know if you are interested. We welcome suggestions and ideas about how to make things even better. We want to get more graduate students involved. We will try to set up online and credit card registrations, if we can find an affordable way to do this.

See you all in Toronto!

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